



Going Deeper

R o m a n s 6 : 1 - 1 4

Big idea

Because believers are united with Christ in His death and resurrection, sin's rule is broken. We are no longer under its dominion but called to live in the newness of life, presenting ourselves to God under the reign of grace.

Sermon recap

The Lie Exposed (vv.1-2). Paul rejects the false idea that grace permits sin. The strongest Greek denial (“May it never be!”) reveals his outrage. Believers have “died to sin”—not meaning daily struggle, but a decisive break in Christ’s death.

The Sign Explained (vv.3-4). Baptism pictures our union with Christ. To be “immersed into Christ” means that by faith we are identified with Him in His death and resurrection. This leads to a “newness of life”; a life marked by righteousness instead of sin.

The Union Expounded (vv.5-10). Our “old self” was crucified with Christ so that sin’s power was rendered powerless. Being freed from sin means we are no longer under its dominion. Christ, raised from the dead, lives forever and we live with Him.

The Call Enacted (vv.11-14). We must “reckon” ourselves dead to sin and alive to God. This is an act of faith and will, refusing sin’s reign and presenting our bodies as instruments of righteousness. Because we are under grace, not law, we are freed from sin’s curse and empowered to live holy lives.

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How to go deeper this week

Day 1 — Dead to sin

Read: Romans 6:1–2; Galatians 2:20

Reflect: What does it mean for you personally to be “dead to sin”?

Pray: Thank God that in Christ you are no longer defined by your old self.

Day 2 — United with Christ

Read: Romans 6:3–4; Colossians 2:12

Memorize: Romans 6:4

Reflect: How does baptism picture both death and new life?

Practice: Write down one way you will “walk in newness of life” this week.

Day 3 — Sin’s power broken

Read: Romans 6:5–7; John 8:34–36

Reflect: Where have you seen God break chains of sin in your life?

Pray: Ask the Lord to strengthen you where sin still tempts to dominate.

Day 4 — Alive to God

Read: Romans 6:8–10; Colossians 3:1–4

Reflect: How does Christ’s resurrection shape your daily perspective?


Practice: Journal three ways you can live with Christ’s holiness today.

Day 5 — Present yourselves to God

Read: Romans 6:11–14; Romans 12:1–2

Reflect: What areas of your life do you need to “present” to God?

Practice: Offer a specific part of your life (e.g., words, habits, time) to God in prayer.

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Practical applications


- **Identity check:** Remind yourself daily—"I am dead to sin and alive to God."
- **Choice of will:** When tempted, remember sin has no authority unless you yield.
- **Grace walk:** Instead of striving under law, walk freely under grace's reign.

Reflection and discussion

1. Why was Paul so strong in rejecting the idea that grace permits sin?
2. How does understanding baptism as union with Christ change the way you see it?
3. Where do you still feel sin trying to "reign" in your life, and how can you resist?
4. How does living "under grace" give you both freedom and responsibility?

Scripture for further study

- Romans 8:1-4
- Colossians 2:12-15
- Galatians 2:20
- John 8:34-36
- Colossians 3:1-4
- Romans 12:1-2

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